

“SECOND SIXTY” SENIOR ACTIVITIES

October 2015

BODY SHAPING FOR SENIOR ADULTS

Class will meet every Monday, Wednesday, and Friday from 10:00 - 11:30a.m. or from 1:00 - 2:30p.m. Cost is \$16.00 for twice a week and \$21.00 for three times a week per month and is held in the Fitness Center at the YMCA. Payment for the class must be made in advance through the Parks and Recreation Office, 300 West Ash. Training and assistance are provided through this program and everyone works at their own pace. Please sign in each time at the front desk and mark the attendance sheet on the desk in the weight room. (This class does not entitle you to a YMCA Membership, usage of the pool, etc.).

ARTHRITIS PROGRAMS

Eaglecrest Aquatics

An Aquatic exercise class is offered at Eaglecrest Retirement Center that meets every Monday and Thursday from 1:30 or 2:30p.m. for one hour, and very limited. The cost is \$12 per month. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel.

YMCA Aquatics

Arthritis Aquatics exercise is offered two times a week on Tuesday & Thursday from 9:00a.m. – 10:00a.m., the cost is \$12 per month or three times a week on Monday, Wednesday, & Friday, from 9:30a.m. – 10:30a.m., the cost is \$16 per month. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel.

Arthritis Land Exercise

This class is held at Carver Center and meets Tuesday & Thursday from 11:00a.m. – 12:00p.m. Cost is \$12.00 per month. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel.

Tai Chi for Arthritis

A Tai Chi class is held at Carver Center and meets on Wednesdays from 6:30-7:30p.m. The cost is \$16 per month. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel. These exercises are also proven to help reduce pain.

ADULT INSTRUCTIONAL PROGRAMS

Zumba Gold

Zumba Gold is based on the same dance moves used in the original Zumba Class. This class is less intense with dance routines designed for beginners and older adults who may have limited capabilities. The class meets on every Wednesday from 10:30a.m.-11:15a.m. The cost is \$16 per month. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel.

Tai Chi Qigong for Health

This ancient Chinese health practice is a great stress reliever if practiced regularly. The simple movements are an effective method of preventative as well as restorative healthcare. Benefits may include improved circulation, memory, awareness and balance. Payment must be made through Salina Parks and Recreation prior to the start of the class. Bring your own towel.

Music for Life

This new 12-week music class is for ages 21-90 who have no musical experience at all or those who were active in school music programs but have been inactive for a long period. Every person has musical potential that can be developed to a level that will personally be rewarding. Bring your musical instrument with you to class. The instructor is Bill McMosley. Classes are held on every Thursday from 7:00p.m.-8:30p.m. The cost is \$100 for 12 weeks. For further information call Salina Parks & Recreation office, (785) 309-5765.

JOLLY MIXERS

You are cordially invited to attend the Jolly Mixers on Wednesdays from 7-10 p.m. The dances are held at the Salina Muse Ballroom, 1700 Beverly Drive. Socials are non-smoking, alcohol-free.

Road Trips & Tours

PRAIRIE ROSE CHUCKWAGON DINNER: Get ready for some great grub and great country music as we travel to Benton and the Prairie Rose Ranch. We will be served up great BarBQ and entertained by the Prairie Rose Rangers. We will arrive for some free time to explore the ranch by horse drawn wagons or a train, or enjoy a movie and some popcorn. The charter coach will leave at 3:00p.m. from the Kenwood Cove parking lot.

Date: Saturday, October 3

Fee: \$60.00

1st ANNUAL SENIOR PROM: City of Salina and Brookdale Senior Living Solutions is sponsoring this first-time event, so grab a friend, put on your dancing shoes & come celebrate Senior Prom. The dress code is formal or informal attire. A catered dinner by Jim's Chicken will be served. A live band, Triple Play will perform. For more information please contact Courtney Schneider at (785) 829-0998. For reservations contact the City of Salina Parks & Recreation Department at (785) 309-5765.

Date: Friday, October 9

Time: 5p.m. – 9p.m.

Fee: \$10.00

BRANSON FALL TRIP: Join us for five days and four nights in beautiful Branson, Missouri. Price includes motor coach transportation, lodging, eight meals, tickets to four fabulous Branson shows and a ride through Table Rock Lake on the showboat Branson Belle! We will depart from Kenwood Cove parking lot at 8:00a.m.

Date: Monday, Oct. 12-16, 2015

Fee: \$650.00 Double / \$795.00 Single

NEW THEATRE OF OVERLAND PARK – “YOU CAN’T TAKE IT WITH YOU”: In this Pulitzer Prize-winning comedy, sweet-natured Alice wants to marry Tony, the banker's son and invites his parents to dinner to give their blessing to the marriage. But when Tony's snooty, high-class parents met Alice's peculiar extended family – including her grandfather the philosopher, her nutty ballerina sister and the fireworks enthusiast Mr. De Pinna – things become hilariously explosive. We will depart from Kenwood Cove parking lot at 8:00a.m.

Date: Wednesday, October 21

Fee: \$70.00

ALASKA AND THE EMERALD CITY: North to Alaska! Embark on a truly awe inspiring tour of the majestic Pacific Northwest and Alaska. All rooms come with a personal package of your choice: drink package, excursion package, and special dining aboard. Prices include all transportation, tours, along with select meals. For further information please contact Brian Underwood and contact City of Salina Parks & Recreation for reservations at (785) 309-5765. Departure time and location TBA.

Date: Thursday, July 28th-August 5th, 2016

Fee: \$2,500.00 Inside Cabin

\$2,800.00 Premium Ocean View

\$3,250.00 Premium Balcony

To register, come to the Salina Parks and Recreation Office, Room #100, City County Building, 300 West Ash. Mail-in registrations are also accepted or charge over the phone, 785-309-5765. Fees must be paid when you register to reserve your spot.